

A S S I G N M E N T 3

Textbook Assignment: "Training," chapter 5, pages 5-1 through 5-17 and "Personnel Safety and Damage Control," chapter 6, pages 6-1 through 6-25.

- 3-1. Which of the following features are required to create an effective unit training program?
1. Compatibility
 2. Instruction and evaluation
 3. Analysis and improvement
 4. All the above
- 3-2. As a general rule, training in a work situation is most effective under which of the following conditions?
1. In large groups, early in the day
 2. In large groups, late in the day
 3. In small groups, early in the day
 4. In small groups, late in the day
- 3-3. Which of the following is considered to be an effective training period and training cycle?
1. 15 to 30 minutes, twice a week
 2. 45 to 60 minutes, three times a week
 3. 1 to 3 hours, once a week
 4. 1 to 3 hours, three times a week
- 3-4. Which of the following training methods is the least effective?
1. The "school of hard knocks" method
 2. The apprenticeship method
 3. The schoolhouse method
 4. The in-house training method
- 3-5. Which of the following training methods is the most effective?
1. The "school of hard knocks" method
 2. The apprenticeship method
 3. The schoolhouse method
 4. The in-house training method
- 3-6. Career or professional development training is designed to develop and improve the knowledge, skills, and abilities of your people to prepare them to fill positions of greater responsibility?
1. True
 2. False
- 3-7. The group method of training is most effective in which of the following situations?
1. To provide hands on practice with complex equipment
 2. To provide skill training on a specific subject
 3. To provide practical experience with dangerous equipment
 4. To provide information to a large number of people at the same time
- 3-8. A command that sends a person to a Navy school to learn a new skill gains which of the following advantages?
1. The person can later transfer the new skill to another command
 2. The person can teach the new skill to other members of the crew
 3. The person can be retained on board for a longer period of time
 4. The person can take leave during the training period

- 3-9. The in-house training on your ship may be group, apprenticeship, schoolhouse, or any combination of the three. Which of the following requirements should these training methods meet?
1. The needs of the command
 2. The desires of the students
 3. The needs of the instructor
 4. The promotion requirements of the student
- 3-10. Which of the following types of in-house training is a priority for a person who has just reported aboard?
1. Career
 2. Refresher
 3. On-the-job
 4. Orientation
- 3-11. Which of the following methods is the most effective in getting the trainees to think constructively while interacting with the rest of the group?
1. The Lecture method
 2. The Discussion method
 3. The Demonstration method
 4. The individual study method
- 3-12. Which of the following techniques should you follow when conducting a classroom discussion?
1. Build up a background for the discussion
 2. Ask thought-provoking discussion questions
 3. Both 1 and 2 above
 4. Do not accept incorrect answers
- 3-13. The performance step is the step in which the trainees practice under supervision until they have attained the require proficiency.
1. True
 2. False
- 3-14. Oral questions during a training session are used for which of the following purposes?
1. To stimulate trainee thought
 2. To arouse interest
 3. To focus the trainees's attention
 4. All of the above
- 3-15. The Long-Range Training Plan is the basic instrument for informing personnel of training goals and operating schedules.
1. True
 2. False
- 3-16. The Long-range training plan should include which of the following information?
1. The annual employment schedule
 2. A list of all required examinations/inspections/certifications/assist visits
 3. Both 1 and 2 above
 4. The Weekly Training Schedule
- 3-17. Which of the following training plans indicates what training is to be conducted on specific days and who the instructor will be?
1. The Yearly Training Plan
 2. The Quarterly Training Plan
 3. The Monthly Training Plan
 4. The Weekly Training Plan
- 3-18. Training records must be kept to an absolute minimum and need only be maintained to show what training has been accomplished and what remains to be done.
1. True
 2. False
- 3-19. Which of the following goals are part of the Navy safety programs?
1. Ensuring safe working conditions
 2. Reducing material loss
 3. Reducing injuries
 4. Each of the above

- 3-20. Safety-minded supervisors are considered the key to successful mishap prevention programs for which of the following reasons?
1. They have routine contact with personnel and equipment
 2. They know the work areas and hazards involved
 3. They can take immediate action
 4. Each of the above
- 3-21. What is the most common cause of mishaps in the Navy?
1. Apathy
 2. Skylarking
 3. Lack of knowledge or skill
 4. Long working hours
- 3-22. Which of the following methods will you find to be the most effective when teaching safety habits?
1. Discussions
 2. Training films
 3. Hands-on practice
 4. Classroom lectures
- 3-23. Which of the following publications contains pages that make good safety posters?
1. Fathom
 2. All Hands
 3. Navy Times
 4. Navy Customer Service Manual
- 3-24. Which of the following points should be considered by personnel who conduct safety inspections?
1. They should keep an open mind at all times
 2. They should know what to look for
 3. They should use a checklist during inspections
 4. All of the above
- 3-25. First-line supervisors should hold random informal inspections for hazards at least how often?
1. Daily
 2. Weekly
 3. Monthly
 4. Quarterly
- 3-26. Which of the following personnel should always be present during a safety inspection?
1. The division officer
 2. The department head
 3. The personnel who work in the space
 4. The master at arms
- 3-27. The basic guidance for Navy Occupational Safety and Health (NAVOSH) is contained in which of the following publications?
1. OPNAVINST P-5100
 2. OPNAVINST 5100.23B
 3. OPNAVINST 5100.19A
 4. OPNAVINST 5102.1A
- 3-28. To accomplish the objectives of the Navy Hearing Conservation Program, which of the following actions should you take?
1. Survey work spaces
 2. Require periodic hearing tests
 3. Educate personnel in causes of hearing loss
 4. All of the above
- 3-29. Which of the following is the most common work-related source of noise?
1. Gun or rocket firings
 2. Marine engines
 3. Aircraft launches
 4. High-speed tools
- 3-30. Navy personnel should be encouraged to wear hearing protective devices while mowing their lawns at home.
1. True
 2. False
- 3-31. Equipment or spaces should be labeled as hazardous if noise is produced at which of the following sound levels?
1. 80 dB
 2. 110 dB
 3. 150 dB
 4. Both 2 and 3 above

- 3-32. A worker should wear double hearing protection when working around noise sources above what prescribed sound level?
1. 94 dB
 2. 100 dB
 3. 104 dB
 4. 140 dB
- 3-33. When protective devices do not provide noise reduction to a level below 84 dB, which of the following actions should be taken?
1. Secure noisy equipment
 2. Reduce exposure time
 3. Remove personnel from the area
 4. Reduce the number of personnel operating equipment
- 3-34. Supervisors and visitors who are in the vicinity of eye-hazardous operations are required to wear protective equipment,
1. True
 2. False
- 3-35. In areas where personnel may be exposed to corrosive materials, which of the following items must be available?
1. Protective eyewear
 2. Eyewash facilities
 3. Warning signs
 4. Each of the above
- 3-36. Personnel just passing through an eye hazard area do NOT need eye protection as long as they keep moving.
1. True
 2. False
- 3-37. Which of the following contaminants is formed from condensation of vaporized solids?
1. Fumes
 2. Dust
 3. Smoke
 4. Mist
- 3-38. Which of the following contaminants results from the incomplete combustion of coal, wood, and oil?
1. Fumes
 2. Dust
 3. Smoke
 4. Mist
- 3-39. Fine liquid droplets suspended in air by condensation or atomization will cause which of the following contaminants?
1. Fumes
 2. Dust
 3. Smoke
 4. Mist
- 3-40. Small solid particles created by the breaking up of larger particles by machine shop tools will cause which of the following contaminants?
1. Fumes
 2. Dust
 3. Smoke
 4. Mist
- 3-41. Which of the following methods affords the best personnel protection from industrial respiratory hazards?
1. Exhaust ventilation systems
 2. Airtight working spaces
 3. Surgical masks
 4. Respirators
- 3-42. When, if ever, would a surgical mask be considered as adequate for industrial respiratory protection?
1. During fueling operations
 2. While using cleaning solvents
 3. While spray painting
 4. Never
- 3-43. An air-purifying type of respirator can be used in a space that has insufficient oxygen.
1. True
 2. False

- 3-44. The OBA can be used for which of the following situations?
1. Painting a void
 2. Sandblasting a void
 3. Fighting a fire in a void
 4. Each of the above
- 3-45. Respirator cartridges use which of the following means for identifying the type of contaminant against which they are useful?
1. Color codes
 2. Raised letters
 3. Fluorescent letters
 4. Alphanumeric codes
- 3-46. Prolonged exposure of personnel to excessive heat and humidity while under a continued work load can result in which of the following conditions?
1. Heat stress
 2. Heat stroke
 3. Heat exhaustion
 4. Each of the above
- 3-47. Voltages of 115 and below are very dangerous.
1. True
 2. False
- 3-48. One of your workers reports that a typewriter is not working properly. Upon inspecting it, you notice it has a frayed plug. Which of the following actions should you take?
1. Wrap the plug with insulation tape and allow the person to continue typing
 2. Have the person stop typing and call the electric shop supervisor
 3. Put a rubber mat under the typist's chair and allow the person to continue typing
 4. Wiggle the cord until the typewriter works and allow the person to continue typing
- 3-49. Navy personnel who are assigned work in construction or ship repair must obtain safety shoes at their own expense.
1. True
 2. False
- 3-50. Hazardous material labels are required on which of the following items?
1. Materials with a flash point of 190°F
 2. Materials that are unstable if heated
 3. Corrosive materials that do not burn
 4. Each of the above
- 3-51. Which of the following effects is known to be caused by overexposure to rf radiation?
1. Loss of reproductive ability
 2. Loss of muscle tissue
 3. An increase in body temperature
 4. Each of the above
- 3-52. Safety limitations for exposure to rf radiation have been established by the Naval Medical Command. These limits are based on which of the following criteria?
1. Beam power density and exposure time
 2. Antenna size and exposure time
 3. Beam power density and proximity
 4. Antenna size and proximity
- 3-53. While working near a radar antenna, you accidentally touch a guard rail that has a significantly large induced rf voltage. You could suffer which of the following effects?
1. Pain
 2. Skin damage
 3. Involuntary reflex action
 4. Each of the above

- 3-54. What are the most important deterrents against rf burns?
1. Rubber gloves and shoe soles
 2. rf hazard warning signs
 3. Training and awareness
 4. Equipment design modifications
- 3-55. Which of the following items can be used for protection from chemical warfare (CW) agents?
1. Masks
 2. Clothing
 3. Nerve agent antidotes
 4. Each of the above
- 3-56. What is your personal first line of defense in chemical warfare?
1. Work clothing
 2. A protective mask
 3. Impregnated clothing
 4. Protective gloves
- 3-57. A protective mask protects the wearer against which, if any, of the following gases?
1. Carbon monoxide
 2. Carbon dioxide
 3. Ammonia
 4. None of the above
- 3-58. When entering an area that has a deficiency of oxygen, you must wear which of the following masks?
1. MCU-2/P
 2. M17A1
 3. OBA
 4. ND MK V
- 3-59. The mechanical filter in the filtering system of protective masks clears the inhaled air of which of the following kinds of contaminants?
1. Solid particles only
 2. Liquid particles only
 3. Solid and liquid particles
 4. Toxic vapors
- 3-60. The useful life of a mask's filter element depends on which of the following conditions?
1. Weight of the wearer
 2. Work rate of the wearer
 3. Breathing rate of the wearer
 4. Each of the above
- 3-61. When the filter canister for the Mk V protective mask is left in its original hermetically sealed container, what is its shelf life?
1. 2 to 3 years
 2. 4 to 6 years
 3. 7 to 10 years
 4. Indefinite
- 3-62. The size of the MCU-2/P protective mask issued to each person depends on which of the following factors?
1. Hat size
 2. Face length
 3. Thickness of hair
 4. Distance from ear to ear
- 3-63. When you don or adjust the MCU-2/P mask, which of the following mask parts should NOT be held?
1. The canister
 2. The voicemitter
 3. The head harness
 4. The outlet valve assembly
- 3-64. In an actual chemical threat situation, what should be the first step in donning the MCU-2/P mask?
1. Remove your glasses
 2. Remove your hat
 3. Stop breathing
 4. Grab the mask
- 3-65. Since large droplets of CW agent may penetrate impregnated clothing, which of the following types of clothing should be worn topside as the outside garment over the impregnated clothing?
1. Wet-weather clothing
 2. Asbestos clothing
 3. Reflective clothing
 4. Ordinary work clothing

- 3-66. What is the effective shelf life of the chemical-protective overgarment (a) before and (b) after it is removed from its protective envelope?
1. (a) 1 year ; (b) 30 days
 2. (a) 5 years; (b) 14 days
 3. (a) 10 years; (b) 30 days
 4. (a) 10 years; (b) 14 days
- 3-67. The chemical-protective overgarment provides continuous protection within a chemically contaminated environment for what maximum number of hours?
1. 6 hours
 2. 2 hours
 3. 12 hours
 4. 24 hours
- 3-68. The M258A1 decontamination kit is used for which of the following CBR exposures?
1. Biological and radiological contamination
 2. Blood agents or radiation burns
 3. Blister and nerve agents
 4. Nerve gas and phosphorous burns
- 3-69. The purpose of the Navy's Electrical Safety Program is to provide guidance to assist in the identification of electrical hazards, and to prevent mishaps that could cause fatal injuries and extensive damage to shipboard equipment.
1. True
 2. False
- 3-70. The electrical safety petty officer works with which of the following officers in the performance of his or her duties?
1. Operations officer
 2. Quality control officer
 3. Electrical safety officer
 4. Division officer
- 3-71. Prior to being assigned as an electrical safety petty officer, you should meet which of the following qualifications?
1. Complete a basic electrical/electronics school or equivalent training
 2. Be fully PQS qualified in Ships Maintenance and Material Management (3-M), watchstation 301, maintenance personnel
 3. Be fully PQS qualified as a Division Safety Petty Officer/Electrical Safety Petty Officer
 4. All the above
- 3-72. Electrical safety is the responsibility of all hands.
1. True
 2. False